



**NAVY INSTITUTES SWO LEATHER JACKET**  
Surface Warfare Officer (SWO) qualified officers can now stand bridge watches in a soon-to-be issued leather jacket per NAVADMIN 004/20 released Jan. 9.

» See **B4**

**“I am so grateful for what they did for Jason that day. I did not expect for [Jason] to be out of the hospital in a week. This is definitely the best possible outcome.”**

Coreen Bunting



Courtesy photo

Jason Jones visits Naval Support Activity Hampton Roads-Northwest Annex Fire Station #16 after he was hit by a vehicle while riding his bike in front of his house.

## Fire and emergency services personnel save child pinned under vehicle

By **Katisha Draughn-Fraguada**  
Naval Support Activity Hampton Roads Public Affairs

### CHESAPEAKE

Jason Jones, his brother Grayson Jones, and his mom, Coreen Bunting, visited Naval Support Activity Hampton Roads-Northwest Annex Fire Station #16 on Dec. 19. But this was not just a typical tour of the station.

The family toured the station and met fire and emergency services personnel who responded to the call on Dec. 3 after Jason Jones was hit by a vehicle while riding his bike in front of

his house at Naval Support Activity Hampton Roads-Northwest Annex.

Jones and his family were able to meet the personnel at the fire station who helped save his life.

“I am so grateful for what they did for Jason that day,” said Bunting “I did not expect for [Jason] to be out of the hospital in a week. This is definitely the best possible outcome.”

Jones was riding his bike on Dec. 3 when he was hit by a

» See **CHILD | A7**

## NMCP holds Comfort return ceremony

By **MC3 Allison Ryan**  
Naval Medical Center - Portsmouth Public Affairs

### PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) held a ceremony to honor the returning service members attached to the hospital ship USNS Comfort (T-AH 20) from the recent deployment to the Caribbean, Central and South America, Jan. 10.

The ceremony was held to celebrate a successful mission and to highlight the NMCP Sailors that made it happen. During the invocation, Lt. Cmdr. Diego Londono, a chaplain at NMCP, celebrated all the deployers, saying that they were not only warriors, they were healers as well.

» See **COMFORT | A7**



Sailors were recognized at Naval Medical Center Portsmouth (NMCP) during a ceremony for returning from the hospital ship USNS Comfort (T-AH 20) after the recent deployment to the Caribbean, Central and South America, on Jan. 10. The ceremony was held to celebrate a successful mission and to highlight the NMCP Sailors that deployed with Comfort.

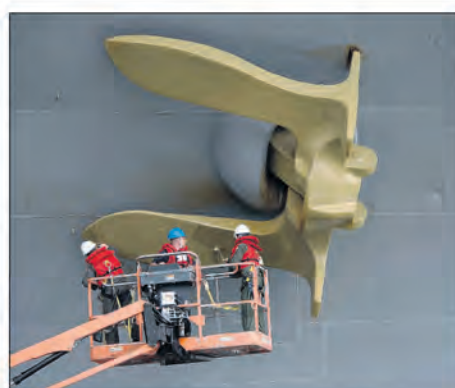
MC2 Kris Lindstrom

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**Navy's newest combat simulator trains its first ships**  
The Center for Surface Combat Systems (CSCS) launched its first training event inside the Navy's newest combat simulator, the On Demand Trainer (ODT), onboard Naval Base San Diego and Naval Station Norfolk. » See **A4**



**Navy smashes FY19 retention benchmarks**  
The Navy exceeded retention benchmarks for Fiscal Year 2019, reflecting Sailors' desires to remain in service despite a strong national economy, according to data released Jan. 8. » See **B1**

**Monster Jam at Hampton Coliseum**  
If you love monster trucks and the thrill of seeing these huge machines duke it out, then the place to be this weekend is the Hampton Coliseum. » See **C1**

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Max Lonzanida

A view of the newly raised Mk.143 Armored Box Launcher aboard the decommissioned Iowa-Class Battleship, USS Wisconsin (BB-64). The launcher was last opened 28 years ago during the 1991 Gulf War. The loading of empty Tomahawk Cruise Missile Tubes and subsequent raising was the result of a unique COMREL event that that involved sailors from the Dam Neck contingent of the U.S. Aegis Missile Defense System-Romania, Naval Support Activity-Hampton Roads and Naval Medical Center Portsmouth.

# Local Sailors participate in unique COMREL experience aboard Battleship Wisconsin

By Max Lonzanida  
Hampton Roads Naval Museum

## NORFOLK

The last time that the decommissioned Iowa-Class Battleship, USS Wisconsin (BB-64) raised her Mark 143 Armored-Box Launchers (ABLs) was 28 years ago during the first Gulf War. During Operation Desert Storm in January 1991, Wisconsin and her sister ship, Missouri, each unleashed a barrage of Tomahawk cruise missiles that wreaked havoc on Iraqi positions.

After the her decommissioning, her battery of ABLs remained closed, until a contingent of sailors and volunteers changed that.

About a dozen sailors assigned to the Dam Neck contingent of the U.S. Aegis Missile Defense System-Romania, Naval Support Activity-Hampton Roads and Naval Medical Center Portsmouth descended on one of the starboard aft launchers for a unique COMREL opportunity. Last year, Wisconsin received a set of four empty Tomahawk cruise missile tubes from Yorktown Naval Weapons Station; which sat on her aft missile deck. And before visitors descended onto the historic battleship's decks for the day, sailors and volunteers made quick work of lifting the empty Tomahawk missile tubes into place.

Chief Jason Harberger assigned to NAVMED Portsmouth and Battleship Operations Manager, Keith Nika turned on power to the ABL's hydraulic systems. Sailors and curious volunteers from the Hampton Roads Naval Museum watched as the doors to the starboard aft ABL were opened; and as sailors carefully lifted each empty missile tube in-place. Each empty tube weighs upwards

of 400 pounds, considerably more so when loaded.

Internal hydraulics inside the ABL pulled and locked the empty missile tubes in place. Thereafter, with the front door to the launcher secured, another set of hydraulics raised the ABL skyward for the first time in 28 years. Locking braces were installed, and visitors to the historic battleship are now have a unique view of the open launcher.

This morning's loading and lifting evolution struck a chord with newly minted Battleship Operations Manager, Keith Nitka. Nitka served aboard the Wisconsin during the first Gulf War as a Quartermaster. He recalled that "it's a very eerie feeling, to listen to that [ABL] open up. There is a cowbell in the back that rings. I haven't heard that since we fired them at Iraqi troops during the first gulf war."

Martha Walker, the Battleship Wisconsin's Curator, noted that "the addition of the Tomahawk Missile Canisters to the open box launcher on the missile deck helps complete the picture for our guests. Seeing actual historic ship hardware in its proper place adds so much to the interpretation of the ship."

Chief Hartberger, from NAVMED Portsmouth, echoed those remarks, and noted that "basically, anything that makes the ship more original to how it was in the 90s is good by me. I'm all about doing what I can to make it more authentic." Hartberger volunteers weekly aboard the Wisconsin, and along with sailors from area commands, contributes to her upkeep and historic interpretation for future generations of sailors and of course visitors who travel from near and far.



Max Lonzanida

A U.S. Navy volunteer works on an open Mk. 143 Armored Box Launcher aboard the decommissioned Iowa-Class Battleship, USS Wisconsin (BB-64) at the conclusion of a COMREL event that involved sailors from the Dam Neck contingent of the U.S. Aegis Missile Defense System-Romania, Naval Support Activity-Hampton Roads and Naval Medical Center Portsmouth.



Max Lonzanida

Chief Jason Hartberger, assigned to the Naval Medical Center-Portsmouth, inspects the inside of an open Mk. 143 Armored Box Launcher along with a Nauticus Volunteer aboard the decommissioned Iowa-Class Battleship, USS Wisconsin (BB-64) at the conclusion of a COMREL event that involved sailors from the Dam Neck contingent of the U.S. Aegis Missile Defense System-Romania, Naval Support Activity-Hampton Roads and Naval Medical Center Portsmouth.

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# NEWS FROM NAS OCEANA



Air Traffic Controller 3rd Class Melanie Amweg, from Omaha, Nebraska, now assigned to Naval Air Station Oceana as an air traffic controller, works arrival control on an air traffic control simulator. Naval Air Station Oceana serves as the Navy's East Coast Master Jet Base, homeport for five carrier air wings and 17 F/A-18 Super Hornet squadrons.

MC2 Mark Thomas Mahmood

## Guiding them in: NAS Oceana Air Traffic Controllers maintain safety in the sky

By MC2 Mark Thomas Mahmood

With very limited exceptions, Naval Air Station Oceana, the Navy's East Coast master jet base, is open 24 hours a day, 365 days a year. To support more than 175,000 yearly safe flight operations of F/A-18 Super Hornets and other aircraft, Naval Air Station Oceana always keeps its eyes in the sky.

Over 70 air traffic controllers call Naval Air Station Oceana home, each one responsible for maintaining safe air traffic patterns of aircraft flying thousands of feet above the control tower and radar rooms in which they work.

"We essentially direct traffic, but our traffic is in the sky," said Air Traffic Control-

man 3rd Class Melanie Amweg, from Omaha, Nebraska, now assigned to Naval Air Station Oceana as an air traffic controller. "We're the ones telling the pilots where to go so they're able to maintain a safe distance from other aircraft."

Being able to direct air traffic takes plenty of ongoing training, well beyond a Sailor's initial five months of "A" school training.

Air Traffic Controlman 2nd Class Andrea Coffey, from Norfolk, Virginia, now assigned to Naval Air Station Oceana as an air traffic controller, said to keep up with Navy and Federal Aviation Administration regulations, air traffic controllers constantly have to learn and train.

"Air traffic control is a cool job because it

doesn't matter where you go or how long you've been in; whenever you go to a new command, you start at the bottom and re-train at every 'position' every time," said Coffey, referring to the 12 "positions" that determine Sailors' daily jobs based on their qualifications.

Keeping up with qualifications and training allows air traffic controllers to maintain peak mental sharpness and the ability to deal with any situation that comes their way.

"The most difficult part of our job is being able to adapt to any situation thrown at you," said Amweg. "We don't know what is going to happen every day, but we have the tools available to handle anything we're faced with."

Knowing how to direct an aircraft experiencing an in-flight emergency or keep composure during a period of heavy flight traffic is what sets air traffic controllers apart from everyone else.

"You're never going to have two days that are the same," said Coffey. "I like the challenge, especially when I have to think fast to manage a situation. Within seconds, something could happen. You have to think quickly, and it's very rewarding when everything goes smoothly."

Amweg said air traffic controllers are just as important as pilots when it comes to maintaining safety in the sky.

"Pilots are the ones operating the aircraft, and air traffic controllers are the one's making sure the pilot and everyone else in the aircraft is safe," said Amweg. "To have a safe flight, you need to have a top-notch pilot and a top-notch controller. We're the ones working behind the scenes to get everyone home safe."

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MC2 Joseph Millar

Lt. Aaron Van Driessche, a warfare tactics instructor at the Center for Surface Combat Systems (CSCS), Detachment San Diego, pilots the U.S. Navy's virtual combat curriculum with Sailors aboard USS Paul Hamilton (DDG 60) inside the newly launched portable simulator, the On Demand Trainer.

## Navy's newest combat simulator trains its first ships

From Center for Surface Combat Systems Public Affairs

DAHLGREN, VA

The Center for Surface Combat Systems (CSCS) launched its first training event inside the Navy's newest combat simulator, the On Demand Trainer (ODT), onboard Naval Base San Diego and Naval Station Norfolk Jan. 6. The portable AEGIS trainer has been delivered to both coasts and doubles down efforts to increase combat lethality across the waterfront.

The combat watchstanders of USS Paul Hamilton (DDG 60) and USS Gettysburg (CG 64) were the first to pilot the new virtual trainer. The 40-foot mobile trainer is designed to provide Sailors, like those aboard Paul Hamilton and Gettysburg, high-end tactical training. The ODT succeeds in

keeping combat watchstanders proficient during extended maintenance availabilities when a ship's AEGIS suite might be secured for upgrades. It also provides the unique opportunity to train and qualify new watchstanders in preparation for upcoming patrols.

"At CSCS, our primary mission is to train Sailors how to fight and to win," said Capt. Dave Stoner, CSCS commanding officer. "Tactical proficiency requires year-round preparation and the ODT is a portable training tool designed to keep those tactical skills sharp and in turn, improve combat readiness by providing better trained, better qualified Sailors to the fight."

Paul Hamilton completed a two-day curriculum consisting of realistic air defense scenarios in the U.S. 5th and U.S. 7th Fleet areas of operation.

"I'm fresh out of radar school," said Fire Controlman Aegis 3rd Class Katie Simmons. "With the ODT, I picked up right where I left off. After just two days, I'm already more comfortable with the console."

CSCS often hosts warships for Advance Warfare Training one to two years after its deployment.

"While a ship is upgraded during that time, many of its most experienced watchstanders will transfer," explained CSCS Det San Diego's Warfare Tactics Instructor Lt. Aaron Van Driessche. "We are now looking to exploit those transition years. More up-front opportunities to train as a team like this will deliver a better ship to the Navy and tougher fight to the enemy."

With six mounted consoles and a pair of large screen displays, the ODT is designed to virtualize the combat suite of today's cruisers and destroyers. Software applications also allow the ODT to be reconfigured between the various AEGIS baselines and builds of the current surface inventory. As follow-on builds are introduced to the Fleet in continued AEGIS Speed to Capability

(ASTOC) upgrades, those same tactical codes will be installed in the ODT for immediate use.

"This is exactly what the fleet needs," said Lt. j.g. Anthony Kloszewski, an anti-air warfare coordinator assigned to Paul Hamilton. "Our short time in the lab has already proven valuable. Whether you are shaking off rust as a seasoned watchteam or trying to build a new watchteam from the ground up, the ODT is your new venue for proficiency."

The ODT will be located onboard Naval Base San Diego and Naval Station Norfolk through the end of March before being transported to follow-on fleet concentration areas.

CSCS is a global organization of professional military and civilian educators and support personnel focused on training the Surface Navy to fight and win. CSCS trains over 36,000 U.S. and Allied Sailors a year to operate, maintain and employ weapons, sensors, communications, combat systems and deck equipment of surface warships to build Combat Ready Ships with Battle Minded Crews.

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Department of the Navy civilians pose for a group photograph during a ship tour aboard Nimitz-class nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN 69), June 27, 2019. The tour was part of the Navy Civilian Acculturation Program, which is a Chief of Naval Operations initiative designed to provide civilian personnel with no prior sea service exposure to operating forces, enabling them to integrate into the organization and contribute more fully to the Navy mission.

# DON releases civilian human capital strategy

From the Office of the Navy Chief of Information

WASHINGTON

The Department of the Navy (DON) released its new civilian human capital strategy, Jan. 9, charting the course for the development of its civilian workforce through the next decade and beyond as the Department positions itself to compete with other world-class organizations in the “war for talent.”

“We are implementing a new human capital strategy to better access and curate best in class talent,” said Acting Secretary of the Navy Thomas B. Modly. “This strategy was developed leveraging leading private sector business practices designed for the new economy. Initial pilot programs in support of this strategy will begin this year.”

The DON’s civilian workforce – more than 220,000 strong – plays an integral role in supporting the Navy’s Sailors and Marines, building, manning, and maintaining its ships and submarines, and ultimately supporting the strength of the Naval opera-

tion and the defense of our nation. The Department is committed to keeping its workforce experience, work processes, systems and tools competitive with those of leading private sector organizations. The DON recognizes that shifting global geopolitical and technological forces require a dynamic strategy designed to address challenges impacting work today while preparing the organization to be more agile and capable in response to shifts in the future.

“The Department of the Navy’s civilian workforce is a critical part of the Navy and Marine Corps team,” said Assistant Secretary of the Navy for Manpower and Reserve Affairs Greg Slavonic. “No mission could be accomplished without them. That is why we must have a far-reaching strategy that meets the demands of the future.”

To address unprecedented changes to the work and the workforce—including disruptions like the use of artificial intelligence, robotics, and cognitive computing to augment human capabilities, shifts in the nature and duration of careers, and the rise of the contingent workforce—this strategy

will help the Department access, curate, and engage top talent:

**Access:** Tap into people, capabilities, and skills necessary to accomplish the DON’s objectives

**Curate:** Create and deliver consumer grade experiences and on-demand learning and development

**Engage:** Empower employees to chart their own careers through clear and consistent processes and opportunities

To position the DON for success, the strategy is built around five key workforce and leadership strategic anchors. With phased implementation between now and 2030, these strategic anchors represent a transformational shift in toward workforce innovation.

**Anchor 1: Access and Curate Best in Class Talent** - Leverage the unique opportunities, mission, and work of the DON to create a globally recognized and unparalleled experience for world-class talent

**Anchor 2: Develop Skills for the Future** - Identify, assess, and acquire the skills that the DON needs to be best equipped to do the work of the future

**Anchor 3: Harness the Power of Data** - Accelerate to a holistic, dynamic model for

workforce planning and talent analytics to enable smarter, more informed, real-time decision-making

**Anchor 4: Strengthen the Bench of Future Talent** - Embed talent development, such as next-gen learning and leadership programs, to enable a succession planning process and build a robust pipeline of the best future leaders

**Anchor 5: Enable a Tech Augmented Workforce** - Leverage smart technologies to enhance the human experience for the DON’s workforce, unleash capacity to focus on higher value work and optimize business processes

With a defined approach to program management and governance, political engagement, and change management, the Under Secretary of the Navy, Thomas B. Modly, will lead the implementation of the civilian human capital strategy in his role as the Chief Management Officer (CMO) for the Department of the Navy. Leveraging leading practices from across industries, this strategy and its series of coordinated enterprise-wide initiatives should enable the Department of the Navy to build a world-class workforce experience that is motivated by the mission and supported by “always on” opportunities for continuous learning and career mobility to drive organizational and individual performance.

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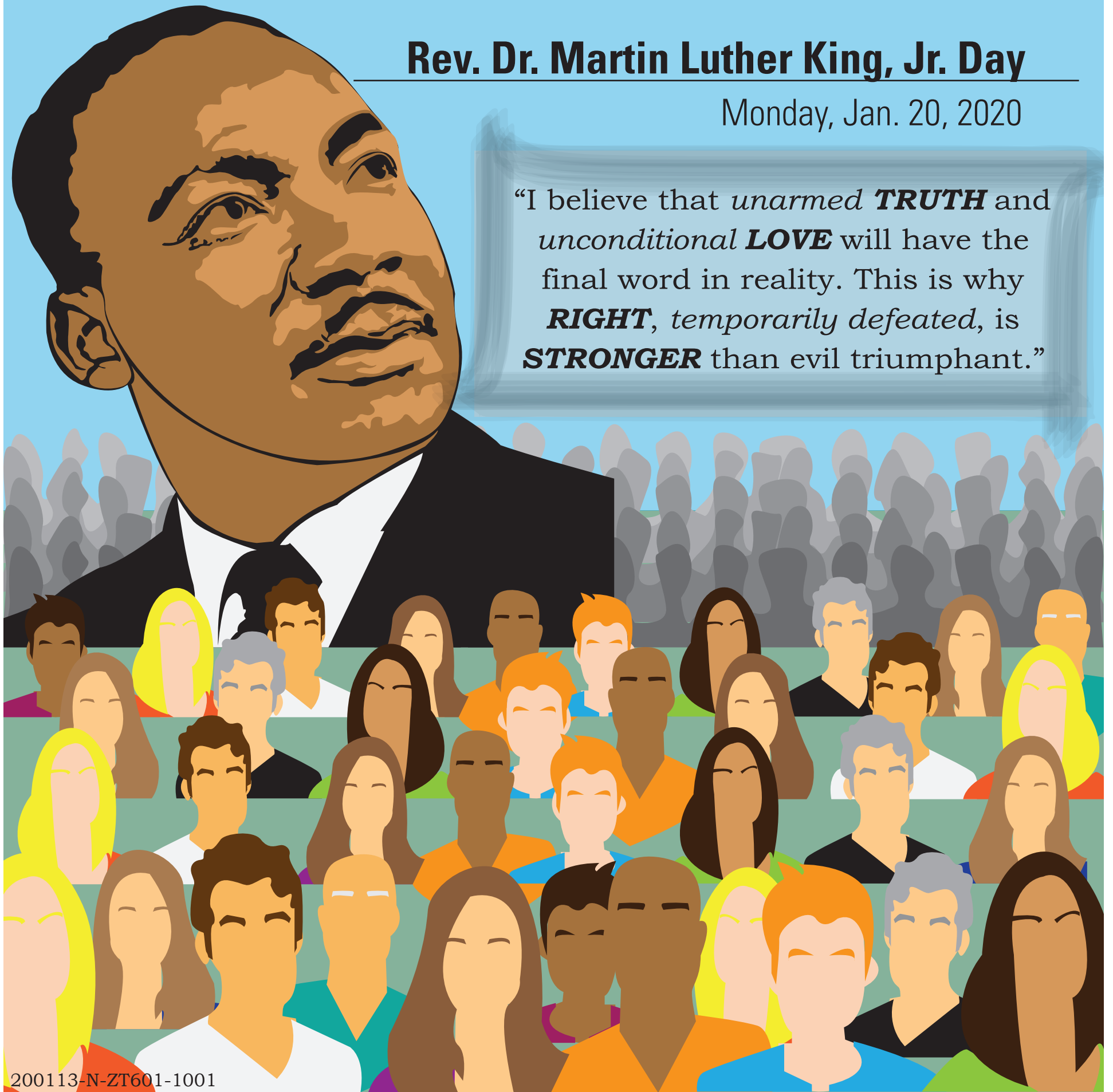
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Jason Jones (front left) visits Naval Support Activity Hampton Roads-Northwest Annex Fire Station #16 after he was hit by a vehicle while riding his bike in front of his house.

Courtesy photo

**CHILD | Jones was riding bike when he was hit by a vehicle and was pinned underneath**

*Continued from A1*

vehicle and became pinned underneath. When the personnel at Fire Station #16 received the call, they rushed to the scene and performed the proper procedures on Jason. He was then transported to the Children's Hospital of the Kings Daughters in Norfolk.

"I was definitely thinking the worst," said Bunting.

At the hospital, Jones had a broken left clavicle, broken ribs, collapsed lungs, internal bleeding from the liver, a hairline fracture, and internal bruising.

"I did not expect him to be out in a week," she said. "And when the doctors told me that he would not have any limitations, I was thinking 'wow what a miracle.'"

Captain Michael Wise, the Supervisory Captain at Fire Station #16, said that when there is a life-threatening event, it's always good if they get to see the result as a success story or miracle.



Jason Jones (center) visits Naval Support Activity Hampton Roads-Northwest Annex Fire Station #16 after he was hit by a vehicle while riding his bike in front of his house.

Courtesy photo

"I am very proud of my guys for how they responded that day," said Wise. "We all take our jobs very seriously and it shows."

Thankfully, Jones was wearing his helmet that day, which may have prevented

him from sustaining additional injuries.

"Great job to him and his parents for recognizing how important wearing the proper protective equipment is," said Wise.

Although Jones has to undergo physical

therapy and some additional check-ups, he is well on the road to recovery.

In addition to touring the station, Jones was given an award and recognized as an honorary firefighter for Fire and Rescue for the Navy.

**COMFORT | Recent deployment was to Caribbean, Central and South America**

*Continued from A1*

"This celebration is a big pause in our command, each of you are important," Londono said. "You have changed many lives without even realizing that you have changed your life as well, in many different ways. This is an opportunity to take a breather, let's take that breath, deep breath. As we do that, let's bring our memories back. You brought so much joy and laugh-

ter to the people you encountered that left an imprint in your souls."

Capt. Lisa Mulligan, NMCP's commanding officer, spoke highly of the individuals who deployed with Comfort about the difference that they made in the 12 countries they visited.

"You provided a level of healthcare and capability to many people who have never had the benefit to receive before," Mulligan said. "Some of the things you have done has made a permanent change in their lives. You made a big contribution to our national defense. Your great work has shown what the United States has to offer, and you represented us very well."

During the ceremony, the deployed Sailors wore yellow ribbons to symbolize their

**" This celebration is a big pause in our command, each of you are important. You have changed many lives without even realizing that you have changed your life as well, in many different ways.**

Lt. Cmdr. Diego Londono

return from deployment and to make them stand out in the crowd. Lt. Cmdr. Erica Diamond spoke about the significance of the yellow ribbon during the ceremony.

"It's an important symbol of the binding ties between loved ones that wore them or were displayed by women to remember their men who were serving overseas," Diamond said. "Yellow ribbons became a symbol of support during 2003 Iraq invasion, as well as deployments of the troops in Afghanistan and other countries around the world."

The ceremony concluded with NMCP leadership socializing with the Comfort returnees while enjoying coffee and pastries provided by the NMCP galley staff.

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## Navy institutes SWO leather jacket

The institution of the SWO leather jacket—similar to the aviation bomber jacket—is meant to build esprit de corps and reflect a symbol of the tactical warfighter expertise that come with earning a SWO pin.

See B4

SECTION B | FLAGSHIPNEWS.COM | 1.16.2020



MC3 Anderson W. Branch  
Capt. Paul C. Spedero Jr., left, commanding officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69), and Capt. Craig Sicola, right, executive officer, paint the starboard anchor gold commemorating the ship earning the Retention Excellence Award for 2016. The ship is pierside during the sustainment phase of the optimized fleet response plan.

## Navy smashes FY19 retention benchmarks, guns for even higher retention for FY20

From Chief of Naval Personnel Public Affairs

### WASHINGTON

The Navy exceeded retention benchmarks for Fiscal Year 2019, reflecting Sailors' desires to remain in service despite a strong national economy, according to data released Jan. 8.

Sailors in their first ten years of service—Zones A and B—decided to stick around at reenlistment rates of 64% and 72% respectively, well above the benchmarks. Zone C, those in the 10-14 year windows, also met benchmarks, reenlisting at rates of 85%.

The data is taken from the Navy Retention Monitoring System, as part of the ongoing Retention Excellence Award (REA) criteria.

"We are building the Navy the nation

needs," said Vice Adm. John Nowell, chief of naval personnel. "These retention numbers signify that Sailors want to stay Navy. By retaining our best and brightest, we reduce recruiting and training costs and ultimately make us a better warfighting force."

The release of the data coincides with the release of Fiscal Year 20 retention benchmarks. The Zone A attrition target is now 4.5% or less. Benchmarks across all zones are up by 2% over last year [Zone A 57%; Zone B 67%; Zone C 82%].

NAVADMIN 003/20 noted that reserve affiliations will not count against a command's attrition rate so long as the Sailor affiliates within 180 days of separation.

Commands that meet retention benchmarks

for two quarters or the fiscal year will qualify for the golden anchor or retention excellence pennant for sea going or shore commands respectively.

The good news for commands who meet REA criteria is that they are exempt for at least two years from an inspection from their Type Commander (TYCOM) or Immediate Superior in Command (ISIC) assessment.

Retention is part of #MyNAVYHR goals of manning the fleet and developing a 21st century fighting force that is focused on Sailor readiness and their Families' welfare. The #MyNAVYHR team strives to modernize policies while challenging traditional processes to ensure an effective system of personnel management.

**"We are building the Navy the nation needs. These retention numbers signify that Sailors want to stay Navy. By retaining our best and brightest, we reduce recruiting and training costs and ultimately make us a better warfighting force."**

Vice Adm. John Nowell

## Undersea Surveillance welcomes new commanding officer

By MC2 Alfred Coffield

Commander, Submarine Force Atlantic Public Affairs

### DAM NECK

Capt. Brian Taddiken, from Tacoma, Washington, assumed command of Commander, Undersea Surveillance (CUS), from Capt. Scott Luers, from Westminster, Maryland, during a ceremony at Naval Air Station Oceana, Dam Neck Annex, Jan. 10.

Luers assumed command of CUS on Dec. 17, 2017, as its 12th commodore.

Under his leadership, Integrated Undersea Surveillance System (IUSS) saw an increase in personnel and assets. In addition, Luers led the deployment of a new constellation of some of the most advanced acoustic sensors in the world, and deployed the first Expeditionary Surveillance Towed Array Sensor System, or SURTASS-E, which made its maiden voyage in the Atlantic in 2019.

"The performance of Capt. Luers and his entire team, has been absolutely stellar," said Rear Adm. Blake Converse, commander Submarine Force, U.S. Pacific Fleet. "Luers did all this while he had teams across the globe working at capacity in one of the most dynamic environments in the submarine community



Capt. Brian C. Taddiken relieves Capt. Scott C. Luers as Commander, Undersea Surveillance (CUS) during a ceremony at Naval Air Station Oceana, Dam Neck Annex, Jan. 10, 2020. CUS supports antisubmarine warfare commands and tactical forces by detecting, classifying and providing timely reporting of information on submarines and other contacts of interest.

MC2 Alfred A. Coffield

and in submarine history."

Luers' next assignment will be as the officer in charge of the Norfolk Detachment of the Undersea Warfare Development Command.

"I am extremely honored and humbled to have been a part of this community, and to have been given the opportunity to serve as your commodore," Luers said. "Although IUSS remains relatively unknown due to the secretive nature of their work, the amazing cadre of Sailors and civilians that operate our IUSS are one of the Navy's crown jewels."

Taddiken arrives to CUS from Pearl Har-

bor, Hawaii, having served as the senior member of the Commander, Submarine Force, U.S. Pacific Fleet Combat Readiness Evaluation Team.

"It's great to be here in Virginia Beach. I look forward to working with an outstanding, though little known, group of warfighting professionals," said Taddiken. "We have a large, diverse team. We work alongside our multi-national partners to accomplish a multifaceted, integral mission for our fleet commanders. If the fight is tomorrow we cannot afford to fail, and we won't."

The Integrated Undersea Surveillance Sys-

tem celebrated its 65th anniversary in 2019. Naval Facility Ramey, Puerto Rico, was commissioned in 1954 and marked the debut of the Sound Surveillance System, or SOSUS, the predecessor of IUSS. The operators of IUSS have been covertly tracking threat submarines ever since.

Responsible for the operation of the Navy's IUSS, CUS has three subordinate commands and multiple detachments supported by over 1,200 military, civilian, and contractor personnel. Based out of Dam Neck, Virginia, the command operates worldwide and partners with many allies of the United States.

## Sound off: Has technology made deployments better for milspouses?

By Lisa Smith Molinari

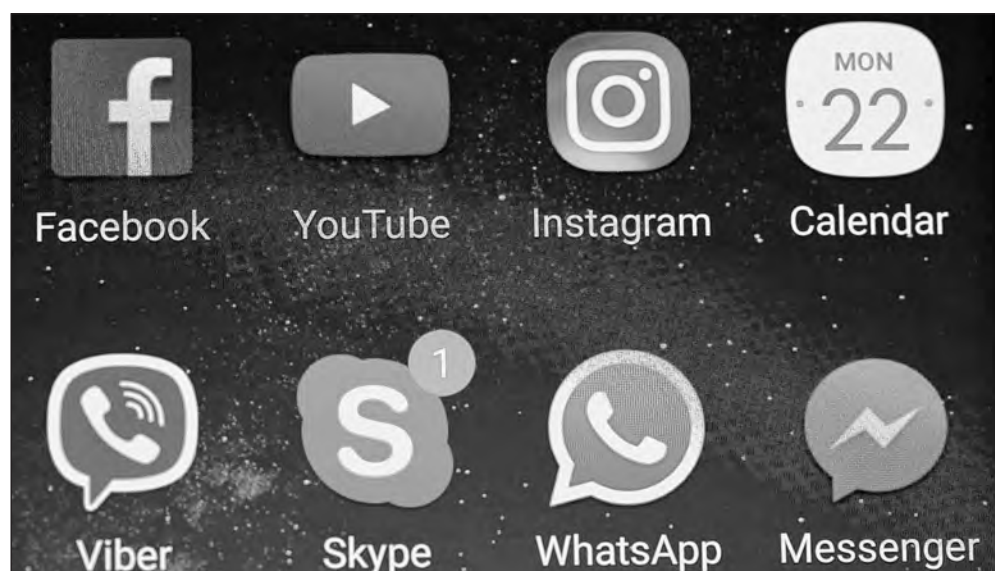
For military spouses enduring deployments in this complicated world of internet-based communications and 24/7 news, is ignorance bliss, or is knowledge power?

My husband's last deployment was over a decade ago. Facebook was gaining popularity, but we didn't use social media yet. And the Skype connection was so bad, we scrapped it as a means of communication early on. It was too hard on the kids, calling them to the computer to talk to their Daddy, only to have the screen freeze up.

We found our groove through frequent emails, monthly packages and letters, and a telephone call every few weeks. Looking back, I surprised myself with how well I handled the year-long separation. I know that my ability to cope was, in part, due to the lack of information at my disposal. I was, most certainly, in the "ignorance is bliss" camp.

Also, I was the kind of person that needed to do what I needed to do, without input from my husband. The lack of communication actually helped me accept my increased responsibilities and take control of our home life.

But that deployment might as well have been eons ago in terms of technology. Frankly, I am clueless about how active duty spouses experience deployments today. My internet research suggests that new technology has played a largely positive role. But to find out for myself, I reached out to a military spouse Facebook group to ask, "Has advanced communication technology made deployments better or worse?"



Of the 24 military spouses who responded to my post, ten were enthusiastically in favor of using Facebook Messenger, Skype, WhatsApp, FaceTime, iMessage, Marco Polo, texting, cell phone calls — any means necessary to stay in frequent contact.

"Honestly idk if my relationship would have survived well without modern technology. My wife and I are dual military. Well over half of our relationship has been long distance. I think all the communication channels are fantastic."

"I can't imagine deployments without social media...it literally saved my sanity being able to chat as often as we did."

"[S]ocial media has made it easier to keep families together, help milspouses struggling with deployments and children feel connected to mom or dad."

Five other spouses responded with mixed feelings.

"I can see how it can make things better and worse. Better because of easier/more communication, worse because that volume of communication becomes expected and when it's not there it hurts."

"As a in betweener, haha, I've seen the good and bad on both sides. And see how both can hurt, help, and hinder a relationship."

"On one hand it's good because it's so much easier to stay in touch... but on the other hand I think we've become so reliant on technology to communicate with our spouses it's extremely difficult when you aren't able to."

"Some days I love being able to talk to my husband a short time every day, and it helps keeping him involved with the kids and major decisions. However, sometimes ... [t]he constant communication just reiterates how far away they are."

Six wives were "old school" like me. "I think today there can be TOO MUCH communication... some people become to dependent on it. If there's a 'blackout' of coms for any reason people lose it."

"I think it makes it worse because you get mad when it doesn't work or frustrated that they aren't constantly talking to you."

"It was actually easier not knowing if and when he would contact me because no pattern developed ... if he missed calling me or messaging me that evening my mind didn't automatically jump to 'oh my gosh he's dead.'"

Two were sub wives who informed us, without any happy face emojis, that "technology hasn't advanced our forms of communication," explaining that when there isn't a total blackout, they communicate through a pre-screened "screwy email system."

And one Navy wife quipped comically, "Video calls on a ship are the stuff of fantasy and unicorns and fairies and junk. Good luck with that phone call not randomly dropping in mid sentence, too."

What did I learn from this Facebook group? The more things change, the more they stay the same.

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## What you need to know about Servicemembers Civil Relief Act

From Military OneSource

The Servicemembers Civil Relief Act provides financial and legal protections for active-duty service members, including National Guard and reserve members, and their families. Because details of the SCRA are complicated, service members and their families are encouraged to contact the nearest legal assistance office if they need help meeting their financial obligations.

Learn more about the important SCRA benefits to take full advantage of the law's protections for you and your family members.

### OVERVIEW OF SCRA PROTECTIONS

The SCRA offers protections for service members and their families in many different areas ranging from mortgages to life insurance. It's important to get professional advice on how the SCRA applies to individual circumstances. For example, the SCRA frequently makes certain rights available conditional upon whether your ability to meet certain obligations is "materially affected" by military service. Whether you are "materially affected" can mean different things in different situations.

**Reduced interest rates** — Creditors must reduce the interest rate on debts to 6% for liabilities incurred before you entered active duty. If the debt is a mortgage, the reduced rate extends for one year after active-military service. The reduced interest rate applies to credit card debts, car loans, business obligations, some student loans and other debts, as well as fees, service charges and renewal fees. Creditors can challenge this provision if they believe your ability to pay a rate higher than 6% is not materially affected by your military service.

**Postponement of foreclosures** — No sale, foreclosure or seizure of property for nonpayment of a preservice mortgage debt is valid if made during or within nine months after your service on active duty, unless carrying out a valid court order. This can provide tremendous protections from foreclosure in the many states permitting foreclosures to proceed without involving the courts. If you miss a mortgage payment, you should contact your legal assistance office immediately.

**Deferred income taxes** — The Internal Rev-

enue Service and state and local taxing authorities must defer your income taxes due before or during your military service if your ability to pay the income tax is materially affected by military service. No interest or penalty can be added because of this type of deferral.

**Eviction prevention** — You and your family cannot be evicted for nonpayment of rent without a court order regardless of the language of your rental agreement or local laws. This protection applies to residences where the monthly rent is below a certain amount. Contact your nearest legal assistance office for the most up-to-date figures. If your ability or your family's ability to pay rent is materially affected by your military service, you may apply to the court, and the court must either grant a 90-day delay in eviction proceedings or adjust obligations under the lease in a way agreeable to all parties.

**Protection against default judgments** — If, while on active duty, a civil action, a civil proceeding or an administrative proceeding is filed against you, the judge must appoint a lawyer to represent you in your absence. The court must grant a delay, or stay, of at least 90 days if it determines there may be a defense to the action and the defense cannot be presented without your attendance.

**Postponed civil court matters** — If you cannot participate in a civil court action or administrative proceeding because of your military service, you can request a 90-day delay, or stay, in the proceeding. You are automatically entitled to this delay if you follow all of the requirements. The judge, magistrate or hearing officer can grant an additional 90-day stay. Proceedings may include actions for divorce, child paternity and support cases, and foreclosure proceedings. This protection does not apply to any criminal court or criminal administrative proceedings.

**Protection for small-business owners** — If you own a small business, your nonbusiness assets and military pay are protected from creditors while you are on active duty. This applies to business debts or obligations.

**Termination of residential lease agreements** — You may terminate your residential lease, along with other types of leases including agricultural, professional and business, by delivering a written notice of termination. This applies if you entered into a lease and then started military service, or entered into a lease during military service and then received permanent change of station orders. It also applies when you have orders to deploy with a military unit or as an individual in support of a military operation for not less than 90 days. You must provide a written notice of termination and a copy of your military orders, hand-delivered or

by return-receipt mail, to the property owner.

**Termination of automobile leases** — You may terminate an automobile lease under certain specific circumstances. Here are some examples of circumstances: You signed the lease agreement before being called to active duty, signed a lease agreement and then received permanent change-of-station orders outside the continental United States, or signed a lease agreement and then received orders to deploy.

**Termination of phone service** — You may request termination of cell phone service or phone exchange service if you entered a contract before receiving military orders to relocate for not less than 90 days to a location that does not support the contract.

**Prevention of repossession of property** — Property cannot be repossessed for nonpayment or a contract terminated for any payment gaps prior to or during your military service without a court order.

**Life insurance coverage protection** — Life insurance companies cannot terminate coverage or require payment of additional premiums if you are in military service. Increases in premiums based on age in individual term insurance is not covered by SCRA. An insurer also may not limit or restrict coverage for any activity required by military service.

**Suspension of professional liability insurance** — Professionals in health care, legal services or another profession, as determined by the Secretary of Defense, called to active duty may suspend their professional liability insurance policy by written request to the insurance carrier. Premiums for suspended insurance do not have to be paid, and any premiums paid by an individual while on active duty must be refunded. To reinstate suspended insurance, the individual must send a request to the insurance carrier within 30 days of release from active duty.

**Voting rights in your home state** — Like your tax residency, your residency for state, federal or local voting purposes is unaffected by your absence from the state due to military service. Similar protections exist for spouses.

### WAIVERS OF RIGHTS UNDER SCRA

It is possible to waive your rights under the SCRA. Only written waivers signed during or after a service member's period of military service are effective. If you sign a waiver of your SCRA rights before you enter military service, the waiver will be considered invalid. Whether you are considering signing a waiver document at any time, either before, during or after military service, it is extremely important to read the document carefully and sign only after obtaining the advice of a qualified attorney.



### Q: What is the Family Housing wait list based upon?

**A:** The master wait list for Family Housing is based on Service member rank and bedroom requirement. Where local housing areas are designated for separation of officers and enlisted personnel, separate wait lists are maintained. Depending upon the location, Housing may have additional wait lists to encompass specific housing areas, style of units, pet restricted areas, pay-grades, etc.

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MC2 Brigitte Johnston

The Honorable Thomas Modly, acting Secretary of the Navy, walks aboard USS Gerald R. Ford (CVN 78). Modly visited Ford to meet with Sailors and be briefed on Ford's progress following its post-shakedown availability and recent independent steaming exercise, as part of his first official visit to the fleet.

# Acting SECNAV convenes 'Make FORD Ready' leadership summit

From Secretary of the Navy Public Affairs

**WASHINGTON**

As part of his “Make FORD Ready” initiative, Acting Secretary of the Navy Thomas B. Modly convened a summit Jan. 9, to harness the collective expertise of senior Navy and shipbuilding industry leaders to transition CVN 78 into Fleet operations as quickly and effectively as possible.

“While this is an ‘all hands on deck’ priority that can only be accomplished through the dedicated efforts of the Ford team, it will also require broad, department-wide encouragement, enthusiasm, and support for our shipmates and industry partners who will be heads down on the tasks at hand,” said Modly. “We all have a stake in the success of this effort—for the future of our Navy, our

national security, and security of the world.”

Modly first called for the summit last month in one of his weekly memos to the integrated Navy and Marine Corps team. The “make Ford ready” memoranda clarified his focus and direction on achieving critical Navy-wide objectives for the Ford team. In his memo, Modly stressed that, under his watch, the Navy is going to make ready CVN 78, employing all hands on deck and working as “one team, relentlessly focused” on achieving core tasks under rigid timelines.

“I’m extremely bullish on FORD -- and our Navy should be too,” said Chief of Naval Operations Adm. Mike Gilday. “The FORD-class carrier is the future. It is a phenomenal ship designed to deliver increased capability for the carrier air wing of tomor-

row. While good progress has been made over the past several months, together we must keep FORD headed in the right direction – and get her where she needs to be – operating forward at sea to reassure allies, deter adversaries, and protect our national interests around the world.”

During the summit Rear Adm. Roy J. Kelley, Commander, Naval Air Forces Atlantic (CNAL) and Rear Adm. James P. Downey, Program Executive Officer Aircraft Carriers, led the briefing to Modly and Gilday.

Speaking before more than 50 stakeholders, Downey and Kelley briefed progress to date and the path forward to achieve full ship functionality, training and certifying the crew, ensuring ship material readiness, and exercising the full spectrum of Air

Wing operations to successfully transition CVN 78 into Fleet operations.

Collaboration at the “Make FORD Ready” Summit offered a unique opportunity to ensure alignment among more than a dozen military and shipbuilding stakeholders—both in terms of meeting Department of Defense (DoD) strategic objectives and program system integration requirements, from an operational, “on the deck plates” perspective.

Since completing its Post-Shakedown Availability/Selected Restricted Availability (PSA/SRA) in late October 2019, USS Gerald R. Ford (CVN 78) has performed exceptionally well, during two successful underway test and training evolutions. At-sea periods for this first-in-class aircraft carrier are part of a current 18-month phase of operations known as Post-Delivery Test and Trials (PDT&T), scheduled to continue through mid-2021. During this PDT&T, the crew will certify fuel systems, conduct aircraft compatibility testing, exercises the flight deck, and conduct tests to on-board combat systems.

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For more information, visit us at [HeroesAtHomeVA.com](http://HeroesAtHomeVA.com) | [HeroesAtHomeJAX.com](http://HeroesAtHomeJAX.com)



(July 18, 2018) Chief Fire Controlman Robert J. Miller reenlists aboard the USS Wisconsin (BB 64), a retired Iowa-class battleship that is berthed permanently as a museum ship next to the Hampton Roads Naval Museum in Norfolk. Max Lonzanida

## 16-year-mark cap removed from GI-Bill transferability policy

From Chief of Naval Personnel Public Affairs

### WASHINGTON

Sailors who are serving beyond 16 years and meet service-commitment eligibility criteria now retain the option to transfer GI Bill benefits to dependents as outlined in NAVADMIN 006/20 announced Jan. 10.

This change is based on recently revised

rules signed into effect in the Fiscal Year 2020 National Defense Authorization Act (NDAA) that removes the 16 years of service cap for transferability across all services.

Service members with over 16 years must still be able to commit to four more years of service on active duty or in the selected reserve to be able to transfer the benefits.

Members who will still be ineligible for the Transfer of Education Benefits (TEB):

- Enlisted members within four years of the high year tenure gate for their current pay grade.
- Officers within four years of the statutory limit for their current rank.
- Members in a limited duty status or undergoing medical or physical evaluation

board processing and found not fit for duty.

All Sailors applying or reapplying for TEB who have not previously completed the online self-service Statement of Understanding must first complete it at the My-Navy Education website at <https://myeducation.netc.navy.mil/webta/home.html#nbb>.

Once members complete the Statement of Understanding, they will receive a link to go to MilConnect to submit their benefits transfer request.

For more information on Post-9/11 GI Bill education benefits transfer procedures, read NAVADMIN 236/18, paragraphs 3-5.



Vice Adm. Richard A. Brown, Commander, Naval Surface Forces, delivers the keynote address at the Surface Navy Association's 21st annual West Coast symposium on board Naval Base San Diego, Aug. 22. Incorporated in 1985, SNA promotes greater coordination and communication among those in the military, business, and academic communities who share a common interest in surface warfare while supporting the activities of the Navy's surface forces. MC1 Woody Paschall

## Navy institutes surface warfare officer leather jacket

From Chief of Naval Personnel Public Affairs

### WASHINGTON

Surface Warfare Officer (SWO) qualified officers can now stand bridge watches in a soon-to-be issued leather jacket per NAVADMIN 004/20 released Jan. 9.

The institution of the SWO leather jacket—similar to the aviation bomber

jacket—is meant to build esprit de corps and reflect a symbol of the tactical warfighter expertise that come with earning a SWO pin.

“The Surface Warfare community has a long-standing history of excellence, and a uniquely identifiable item is one way to signify the outstanding achievement and professionalism of our Surface Warfare Officers,” said Vice Adm. Richard Brown, commander, Naval Surface Forces. “Those who wear the jacket will be easily identified as a part of a long lineage of professional ship drivers and maritime warfighters.

Wear and eligibility instructions were published in NAVADMIN 004/20 complementing the newly released OPNAVINST 10126.5, Management and Control of the

Surface Warfare Officer (SWO) Leather Jacket, which outlines issuance and management procedures for this new uniform item. The SWO leather jacket will be organizational clothing and only available through the naval supply system.

Active, Reserve and Full Time Support (FTS) officers with designators 1110, 1115, 1117 who have earned the SWO qualification are authorized to wear the jacket. SWOs with designator 1113 are authorized to wear the SWO leather jacket if issued while on active duty or during reserve support assignments.

Officers who earn a surface warfare qualification and are issued a SWO leather jacket while serving in designators 1110, 1115, and 1117 and who transfer to other designators are authorized to continue

wearing the SWO leather jacket. Officers who transferred from designators 1110, 1115, and 1117 prior to the date of this instruction will not be issued a SWO leather jacket.

Personnel qualified to wear the SWO leather jacket may retain their jacket when separating or retiring from the Naval Service under honorable conditions. However, they are not authorized any subsequent issues or replacement issues after retirement or separation.

The SWO leather jacket availability for issue and wear is planned to start this summer as part of a phased issuance that will continue through 2021. Additional details on the phasing and eligibility for first issue will be promulgated by COMNAV-SURFOR.



MC2 Kyle Carlstrom

Yeoman 2nd Class Krishon Fountain, center, from Chicago, is frocked to first class petty officer aboard the San Antonio-class amphibious transport dock ship USS John P. Murtha (LPD 26). John P. Murtha is currently on its first deployment and part of the Boxer Amphibious Ready Group (ARG) and the 11th Marine Expeditionary Unit (MEU) team and is deployed to the 7th Fleet area of operation to support regional stability, reassure partners and allies, and maintain a presence postured to respond to any crisis ranging from humanitarian assistance to contingency operations.

## MyNavy HR announces MAP will remain at 20 percent of total advancement opportunity in 2020

From Chief of Naval Personnel Public Affairs

### WASHINGTON

Top-performing junior Sailors will continue to have the opportunity to be promoted to the next rank under the Meritorious Advancement Program (MAP), as outlined in NAVADMIN 005/20.

MAP will account for approximately 20 percent of total advancements in CY20 with roughly half of the available quotas allocated for each season.

Similar to last year's guidelines, MAP will be considered in two "seasons" to coincide with the two Navy-wide advancement exam cycle in the spring and fall. Each cycle will begin just before and will conclude just after the exams, March 1 through April 30, and October 1 through November 15 for season one and two respectively.

"We continue to see positive results of MAP by providing an avenue to fast-track promotion for Sailors who may not have the time in grade requirements for the advancement but are outperforming their peers," said Vice Adm. John Nowell, chief of naval personnel. "MAP is doing what it is intended to do: empower commanding officers and their command triads to identify and advance the most talented, experienced and proficient Sailors within their commands based on demonstrated performance and ability."

MAP is open to all Active-Duty, Full-Time Support Sailors who are E-3 to E-5 and meet eligibility requirements for the next pay grade to include completing the Professional Military Knowledge Electronic Exam (PMK-EE).

Canvasser Recruiter Sailors will no longer

be advanced under the Active Component MAP. For CANREC nominations, please refer to the upcoming ALNAVRES message.

When 2020 MAP Season One begins, the quotas will be uploaded into the system and can be found under the quota summary report tab. Quotas can also be found at the MyNavy Portal website at <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links> select the website tab, MAP and then MAP quotas.

Commands should designate at a minimum two individuals to set up user accounts in NSIPS to allow for the MAP automation process.

Automation was first executed in the Map 19 Season 2 cycle and helped ensure transparency in the process and for Sailors to be

advanced immediately. More than 95% of allocated quotas were executed.

Example forms and frequently asked questions can be downloaded via MyNavy Portal at <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links>, then select the \*Websites\* tab in the blue banner. The list of points of contact for each BSO/echelon II command and list of parent and subordinate UICs can also be found on this website.

Point of contact is MyNavy Career Center (MNCC) at (833) 330-6622 or via email at [askmncc@navy.mil](mailto:askmncc@navy.mil)

Sailor 2025 is the Navy's program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet.

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# Navy announces new Legalman conversion opportunities

From Navy Judge Advocate General's Corps Public Affairs

## WASHINGTON

Beginning in 2020, the Navy's Legalman (LN) community is expanding career opportunities for Sailors interested in cross-rating.

Changes have been made to the LN rating's prerequisites in order to boost recruitment. These measures include reducing the minimum typing requirement, opening conversion opportunities to some E-6s on a case-by-case basis, and eliminating the required completion of college-level credits in English.

"The intention of these changes is to increase the pool of qualified candidates that we are able to consider for conversion to the LN rating," said Navy Judge Advocate General Vice Adm. John G. Hannink.

"As we operate in increasingly complex legal and regulatory environments, the Navy is always in need of new legal talent to join its ranks and bring expertise and innovative thinking," Hannink noted.

LN's work under the supervision of attorneys, preparing and processing legal documents in the areas of military justice, legal assistance, and administrative, civil and operational law.

The Navy is authorized 511 active duty LNs in Fiscal Year 2020, but currently it is manned at 470. In addition, the Navy's LN 'A' school, which convenes twice a year, can accommodate 72 students annually, but it has not reached capacity for the past three years.

In October, the Bureau of Personnel's Director, Military Personnel Plans and Policy (OPNAV N13) was briefed the health of the LN community. OPNAV 13 agreed to adjust some of the rating's conversion requirements to generate more conversion opportunities throughout the Fleet.

Subsequently, 14 of the LN rating's senior enlisted personnel participated in a focus group on this issue. After careful review and consideration, the following changes to JAGINST 1440.1E, "Legalman Rating Conversion Procedures," were approved and are effective immediately:

- The 40 words-per-minute minimum typ-

ing requirement has been reduced to 35 words-per-minute, to align with the requirements of the Yeoman rating.

- Conversion opportunities are now open to E-6 personnel, on a case-by-case basis, for applicants who do not exceed 10 years time in service.

- Applicants no longer require completion of six English college-level credits to participate in the Roger Williams University (RWU) courses taken during the LN accession course.

LN community leadership will still determine which candidates join the rating after careful review of their applications and the completion of their oral boards.

"Good and effective communication is an essential tool in achieving your conversion process," said Master Chief Legalman Brook L. Larkins, senior enlisted advisor for the Judge Advocate General. "When you invest time and energy in establishing clear lines of communication with your chain of command, as well as your LN community point of contact, the whole conversion process will lead to better results."

"Bottom line: Teamwork is essential to the growth of the LN community and its future success," she added.

Application packages from both direct conversion and Professional Apprenticeship Career Track Sailors are being accepted.

For more information about the LN conversion process, read JAGINST 1440.1 (series), visit the Navy JAG community website, talk with your command career counselor, and contact the senior enlisted leader of your nearest Region Legal Service Office or Defense Service Office.

The Judge Advocate General of the Navy provides legal and policy advice to the Secretary of the Navy and the Chief of Naval Operations on all legal matters from military justice to environmental law. The Judge Advocate General also directs a worldwide practice of more than 2,300 attorneys, paralegals and support staff.

Naval Legal Service Command provides prosecution, defense, personal representation, legal assistance, and other command services to shore and afloat commands throughout the world.

# Officers see new opportunities for credentialing, via funding pilot

From Naval Education and Training Command Public Affairs

## PENSACOLA, FLA.

Officers now have opportunities to earn civilian certifications and licenses funded through Navy Credentialing Opportunities On-line (COOL) on a voluntary basis with a Navy policy update Jan. 1.

This is being provided as an initial limited funding pilot, which will allow officers to request funding for credentialing opportunities on a first come-first serve basis until the pilot funding has been exhausted.

Navy COOL's website at <http://www.cool.navy.mil/> provides information about licenses and certifications applicable to all Navy occupations, offering resources and funding to help enlisted Sailors and now officers, gain appropriate civilian desired credentials.

Here is what's new:

**Credentials Based on Designator or Collateral Duties.** If you are a Navy officer (Active or Reserve), you may now be eligible for funding for credentials, displaying the "Navy Bucks" icon, that appear on your designator or collateral duty page of Navy COOL.

**Credentials Earned and Maintained Prior to Joining the Navy.** If you are a Navy officer (Active or Reserve), you may now be eligible for funding for credentials that were earned, and maintained, prior to your commission in the Navy. The certification or license must have relevance to the needs of the Navy, and must appear on Navy COOL, although it does not need to show the "Navy Bucks" icon to be funded.

**Opportunities Related to Academic Degrees.** Out-of-designator requests for exam funding for credentials related to an earned academic degree may also be funded if it can be directly related to a national industry certification or federal license. For example, if you have a degree in human resources but are serving as a surface warfare officer, you can get funding for a Professional in Human Resources (PHR) certification.

**Prior Other-Service Occupation.** If you are a Navy officer (Active or Reserve), you may now be eligible for funding for credentials related to prior other-service (Army, Air Force, Marine Corps, Coast Guard) enlisted or officer occupation. The certification or license must have relevance to the needs of the Navy, and must appear on Navy

COOL, although it does not need to show the "Navy Bucks" icon to be funded.

**Opportunities for Prior Enlisted.** If you were prior enlisted, you now are eligible for certifications and licenses mapped to your prior rating and/or collateral duty. The "Navy Bucks" icon on the Navy COOL page for your previous position/rate indicates which certifications and licenses may be funded.

**Opportunities for Redesignated Officers.** If you have redesignated, you now are eligible for certifications and licenses mapped to your prior designator. The "Navy Bucks" icon on the Navy COOL page for your previous designator indicates which certifications and licenses may be funded.

**Opportunities for Navy Reservists.** If you are a Navy Reservist, you may now be eligible for funding for credentials related to your civilian occupation. The certification or license must have relevance to the needs of the Navy and must appear on Navy COOL, although it does not need to show the "Navy Bucks" icon to be funded.

**Opportunities Related to Off-Duty or Command-Sponsored Training.** If you can document that you have completed an on- or off-duty training course that fully prepares you for a civilian certification or license, you may now be eligible to have it funded.

For example, if you took a command-sponsored emergency medical technician (EMT) course, you may be eligible for funding for an EMT Basic credential.

As with any credential, officers must meet all other eligibility criteria and the certification or license vendors' requirements.

For more information about Navy COOL, visit <http://www.cool.navy.mil/>. You can live chat online or call (850) 452-6683 to speak with an advisor during office hours, Monday through Friday, 7:00 a.m. to 4:00 p.m. Central Standard Time. Officers and Sailors can also email [navy-cool@navy.mil](mailto:navy-cool@navy.mil) or use an online feedback form at <https://www.cool.navy.mil/usn/contact/index.htm>.


Navy COOL is a program through Naval Education and Training Command as part of MyNavy HR Force Development, which ensures that officers and Sailors are equipped with the specific skills they need to do their jobs and have access to professional growth opportunities to enhance their careers.

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<p><b>Stunning Beauty!!</b></p> <p><b>Southall Landing \$550,000</b> Gorgeous home w/over 4300 sqft incl. 4 bedrooms, 2 full baths, 2 half baths, 2-story foyer &amp; family room, beautiful kitchen, 3 car attached garage &amp; more!! You will not be disappointed!! Chandra R Patterson 715-7548</p>	<p><b>Brickhouse Point</b></p> <p><b>Elizabeth City NC \$499,900</b> Magnificent waterfront 3 BR/ 2.5 BA home on the Pasquotank River/ Intercoastal Waterway. Pier &amp; boat lift. Fireplaces in great room &amp; master Bedroom. Lori Huddleston 652-3279</p>
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<p><b>Quality &amp; Details Abound</b></p> <p><b>Plantation Station \$399,150</b> Under Construction. Multi-generational flexibility. First fir in-law suite, Open concept. Sun rm off Great rm, leads to patio. Other lots &amp; plans available. Call for info. Jasmine Cotto 303-6746</p>	<p><b>The Riverfront Lifestyle</b></p> <p><b>The Riverfront \$349,000</b> Detached 4 BD 2.5 BA, 2 Car Garage Condo w/ many features. Covered Porch, Fenced in Yard, 3 Floors on separate HVAC systems, Hardwood Floors 1st Fir OVERSIZED Master BD w/ fireplace &amp; spa like bath. Sue Sanders 620-0846</p>
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MCC Travis Simmons

## Global Maritime Forum report released

### WASHINGTON

The office of the Director, National Maritime Intelligence-Integration Office (NMIO) / National Intelligence Manager for Maritime (NIM Maritime) has released a report on the Global Maritime Forum (GMF) held at the University of Liverpool in the United Kingdom in 2019.

Rear Adm. Gene Price, USN, then-director of NMIO/NIM Maritime, partnered with the United Kingdom National Maritime In-

formation Centre to host and facilitate the 2-day GMF event.

The report provides a summary of the forum, which focused on “Unifying Unmanned Systems to Enhance Maritime Security: Building Networks to Solve Unique Challenges.”

The forum saw participation from private, academic, and international partners from eight different nations with varying roles in creating and networking unmanned

systems, enhancing maritime security, and leading the cutting edge of autonomy and artificial intelligence.

Through this forum, and subsequent engagement with the participating foreign and domestic institutions, NMIO/NIM Maritime brought together the Global Maritime Community of Interest to improve information sharing on cutting-edge unmanned vehicle and networking technologies.

The goal of the forum was to foster a better understanding of a significant emerging technology that has the potential to improve maritime security in actionable, meaningful ways.

The final report on the workshop is now available for download at: <http://nmio.ise.gov/gmf/>.

U.S. and Italian Sailors, along with fleet support representatives, pose for a group photo at their joint unmanned underwater vehicle (UUV) demonstration table during distinguished visitor demonstration day at the NATO experimentation exercise Recognized Environmental Picture augmented by Maritime Unmanned Systems REP (MUS) in Troia, Portugal, Sept. 20, 2019. The REP (MUS) multinational maritime unmanned systems exercise hosted by the Portuguese Navy is aimed at enhancing interoperability and working relationships between NATO countries utilizing emerging maritime technologies.

## Comprehensive review of Uniformed Legal Services complete

From the Office of the Navy Chief of Information

### WASHINGTON

The Department of the Navy released the results of a Comprehensive Review of the Navy and Marine Corps Uniformed Legal Communities Jan. 10.

The Vice Chief of Naval Operations and the Assistant Commandant of the Marine Corps led the comprehensive review, with oversight from an executive review panel (ERP), comprising subject-matter experts and consultants with extensive experience from across the government and private sector.

“It is precisely because our legal communities provide vital services, are necessary to promote the readiness of the force and successful mission accomplishment, that a review of this nature was warranted,” said Adm. Robert Burke, Vice Chief of Naval Operations. “This comprehensive review was an opportunity for us as a Department to reflect on how we conduct ourselves and do business, in terms of military justice and legal support to our Sailors, Marines and their families.”

While the findings and recommendations varied slightly between Services, the CR recommended changes in the following areas for both Services: culture, organization, education and training, resourcing, and unlawful command influence. The report included background and data for each focus area, which the Services will use to implement formal changes in the future.

“I am confident this comprehensive review will serve not only as a guidepost for our JAG Corps but for our other Navy communities and sister Services as well.”

Adm. Robert Burke

“These recommendations are critical to improving readiness and performance,” said Thomas B. Modly, acting Secretary of the Navy. “I thank the [ERP] for their leadership and subject matter expertise throughout the review. I also thank the professional men and women of our Navy’s Judge Advocate General Corps and the Marine Judge Advocate organization for their diligence and hard work throughout this process.”

The complete report can be found here, in the Strategic Documents section of [Navy.mil](http://Navy.mil).

“I am confident this comprehensive review will serve not only as a guidepost for our JAG Corps, but for our other Navy communities and sister Services as well,” said Burke. “Our legal advisors must always be cognizant of the sacred trust given to them by the American people and we know it is a team effort to remain worthy of such trust.”

## Navy accepting nominations for leadership awards

From Chief of Naval Personnel Public Affairs

### WASHINGTON

The Navy is accepting nominations for the 2020 Captain Joy Bright Hancock and Master Chief Anna Der-Vartanian Leadership Awards, as announced Dec. 18, 2019, in NAVADMIN 296/19.

The awards have been presented annually since 1987 to recognize the inspirational leadership of the recipients whose ideals and dedication foster cultural inclusivity by reinforcing the integral role of women in the Navy.

The five award categories include: senior officer (O-4 to O-6), junior officer (O-1 to O-3), chief warrant officer and limited duty officer (CWO2 – O-3E), senior enlisted (E-7 to E-9) and junior enlisted (E-5 to E-6).

Nominations are not gender-restrictive and are open to both active-duty and reserve Sailors.

Nominees should be mature leaders who have shown exceptional leadership over the span of their career and have persevered to overcome challenges while inspiring. They should have demonstrated inspirational and innovative leadership, both on and off-duty, as well as professional accomplishments and community involvement.

All candidates must be nominated by their commanding officer (CO) or officer-in-charge (OIC) and must receive an en-

dorsement from the nominating command’s immediate superior in command (ISIC). An ISIC can only endorse and forward one nomination for each category.

Nomination packages must include:

- ISIC endorsement
- CO or OIC endorsement
- Nomination write-up limited to two pages
- Nominee’s biography limited to one page
- Most recent official military photo in uniform

Commands can find a nomination template at <https://www.public.navy.mil/bu-pers-npc/support/inclusion/awards/Pages/HancockAwards.aspx>.

Submit nominations via encrypted email to [ALTN Inclusion and Diversity \(at\)navy.mil](mailto:ALTN_Inclusion_and_Diversity(at)navy.mil). Mailed nomination packages will not be accepted. The deadline for submitting nominations is Feb. 17, 2020.

Award selections will be communicated to appropriate COs or OICs no later than 9 April 2020 and awardees will be announced fleet-wide via NAVADMIN. Awardees and command representatives will be hosted and recognized at the annual Sea Service Leadership Association’s Joint Women’s Leadership Symposium, 24-26 June 2020, hosted in Norfolk, Virginia.

For complete information on the awards and details on how to submit nominations read NAVADMIN 296/19.



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## Joint Chiefs: Mind, body, spirit all part of Total Force Fitness

For 2020, the Military Health System is focusing on Total Force Fitness, a comprehensive framework for improving readiness and resilience of the nation's military, families and the communities that support them.

See **C3**

SECTION C | FLAGSHIPNEWS.COM | 1.16.2020



Eric Stern

## WORLD CHAMPION LINSEY READ TO COMPETE IN MONSTER JAM AT THE HAMPTON COLISEUM

By Yiorgo

If you love monster trucks and the thrill of seeing these huge machines duke it out in front of your eyes, then the place to be this weekend is at the Hampton Coliseum.

Monster Jam puts world class men and women on the same track to compete against each other in thrilling, unexpected, unscripted and unforgettable once in a lifetime experience. Every show is unique in its own way as these athletes compete for prizes and the ultimate world title.

We caught up with Linsey Read, the first-ever driver – male or female – to win the YGS/DDS/Showdown and win a Main Field Championship in the same weekend. Linsey will be competing this weekend in Hampton and is ready to take on all comers.

See **MONSTER | C4**



Courtesy photo

## Virginia Symphony Orchestra presents Music and Spirits

From Virginia Symphony Orchestra

### HAMPTON ROADS

Join the Virginia Symphony Orchestra for an intimate evening of music, spirits and mingling January 23 at 5 p.m. at Copper Fox Distillery in Williamsburg.

Internationally renowned Scottish conductor Douglas Boyd joins a VSO Brass Quintet for a unique sensory experience. Excerpts from Berlioz' Symphonie Fantastique will be followed by an informative Q&A. Your ticket also includes a selection of whisky tastings from Copper Fox, as well as a delicious craft cocktail and light appetizers. This event is a unique opportunity to meet and socialize with our guest conductor and VSO musicians!

Douglas Boyd enjoyed a stellar career as a world-renowned oboist - including as a founder member and principal oboist of the Chamber Orchestra of Europe - before stepping away after 21 years to begin an international career as conductor. Currently, Boyd is Music Director of the L'Orchestre de Chambre de Paris as well as Artistic Director of the Buckinghamshire's summer opera

festival, Garsington Opera, in England. Boyd has conducted all the BBC Orchestras, as well as orchestras throughout Europe, Australia, and the United States.

In recent years he has also held the positions of Chief Conductor of the Musikkollegium Winterthur, Music Director of Manchester Camerata, Principal Guest Conductor of the Colorado Symphony Orchestra, Artistic Partner of St Paul Chamber Orchestra and Principal Guest Conductor of City of London Sinfonia.

His regular North American appearances have included concerts with the St Paul Chamber Orchestra, Baltimore, Colorado, Dallas, Detroit, Indianapolis, Pacific and Seattle Symphony Orchestras. In Canada he has appeared with the Toronto Symphony Orchestra and National Arts Orchestra in Ottawa.

This will be an unforgettable evening of fine music, spirits and fellowship! We hope to see you there!

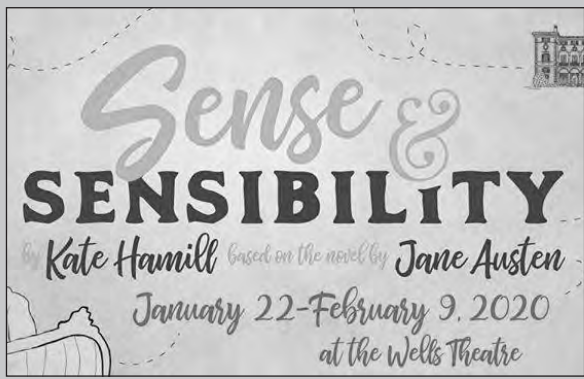
For more information, or to purchase tickets, visit [virginiasympphony.org](http://virginiasympphony.org) or call our Patron Services team at 757-892-06366. For groups of 10 or more, call 757-213-1413.



Courtesy photo

# Calendar

For a complete list of events in Hampton Roads or to submit your own, visit [www.flagshipnews.com/calendar](http://www.flagshipnews.com/calendar)



Courtesy Photo

## Sense and Sensibility

- Jan. 22 - Feb. 7
- Wells Theatre
- <https://www.vastage.org/senseandsensibility>

Jane Austen's words come to life again in the comedic follow up to the best-selling play in Virginia Stage history, *Pride and Prejudice*. After their father's sudden death leaves them destitute, the Dashwood sisters must navigate the gossipy world of late 19th century England. Full of humor and bold theatricality, this energetic take on the classic follows the sisters' journey as they learn the importance of both sense and sensibility in a world where love and money aren't mutually exclusive.



Courtesy photo

## Winter Kitten Palooza at Catnip Cat Cafe

- Jan. 18, 11 a.m.-Jan 19, 4 p.m.
- Catnip Cat Cafe
- <https://www.catnipcatcafe.com/reservations/>

All your kitten dreams are coming true! Experience the most purrecious event at our two day Kitten Palooza on Jan. 18 and 19 With a bunch of meowvelous kittens in our event room. Reservations required. Limited to 6 humans per hour. These kittens from Billy the Kidden Rescue will also be available for adoption!



iStockphoto

## DOGA

- Jan 26, 10:30-11:30 a.m.
- Elation Brewing Company
- <https://www.eventbrite.com/e/doga-tickets-88841460199?aff=ebdssbdestsearch>

Get down with dogs for Downward Dog at the first ever Dog+Yoga=DOGA event from Norfolk Animal Care and Adoption Center, Yoga 108, and Elation Brewing. Adoptable dogs available to enhance connection with chakra and wagging tails. Make mutts your mantra. \$10 in advance, \$15 at the door. All proceeds support Friends of NACC. Space limited. Register today. Only adoptable dogs from NACC invited. Food and beer available at noon.



Courtesy Photo

## Winter Engagement Bridal Expo

- Jan 19, 2pm - 5pm
- Chesapeake Conference Center
- <https://localbridalexpos.com/bridalexpos/winter-engagement-bridal-expo/>

Your wedding inspiration during Winter to start planning your big day is one of the most romantic seasons. Here they help you with every detail from planning your ceremony to choosing your menu and incorporating your theme into the perfect setting. There is open face parking in front of the building with overflow additional parking on Sara Drive. For your wedding day, there is personal, attentive service combined with exceptional food quality. Come find out why it's a hallmark of the Chesapeake Conference Center for your wedding ceremony, reception, and rehearsal dinner! For directions call 757-382-2500.

# Community

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Jeremy Daniel

## Two local young actresses Cast as "Lulu" in Waitress

From Chrysler Hall

### NORFOLK

The Tony nominated hilarious, hit musical *WAITRESS*, which opens January 28 has cast two young area actresses to take on the role of "Lulu" during the Norfolk engagement.

Charlotte Brewer, 4, of Norfolk, and Elena Fountaine, 5, of Virginia Beach will alternate the role of "Lulu," the daughter of the production's main character, Jenna.

"Waitress" tells the story of "Jenna", an expert pie baker working at a local diner and stuck in a loveless marriage. Her salvation comes in the form of her daughter, "Lulu."

Both girls were chosen via an audition process held at Chrysler Hall on December 4. Over 45 girls participated in the auditions, which were pres-

ided over by members of the *WAITRESS* company. The character of "Lulu" is cast locally in each week long tour market and two girls are chosen to share the role. Each girl chosen will perform in four performances each during the engagement.

Their appearance in "Waitress" will be Charlotte and Elena's first professional stage appearance. Charlotte has performed in the church nativity pageant four times and has a flair for the dramatic. According to her mother, "When I told Charlotte about the Lulu audition, I explained to her that a play was like playing pretend and everyone is watching you which sold her on the idea!"

Elena currently attends Encore Dance Center in Virginia Beach and has performed two recitals at the Sandler Center of Performing Arts.

After being cast as Lulu, Elena's mother says, "Elena had a blast at her audition! She continues to practice daily and is so excited to meet the cast and get on stage."

Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county — and a satisfying encounter with someone new — show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness.

Tickets to *Waitress* at Chrysler Hall are on sale now and can be purchased at the Scope Arena Box Office and Ticketmaster.com. For more information, visit [www.Broadwaynorfolk.com](http://www.Broadwaynorfolk.com) or [www.SevenVenues.com](http://www.SevenVenues.com).

For more tour information, please visit [WaitressTour.com](http://WaitressTour.com)



Courtesy of Virginia Zoo

## Augmented reality tour enhances Virginia Zoo experience

From Virginia Zoo

### NORFOLK

The Virginia Zoo is unveiling a new technology that will take Zoo visitors on an immersive tour to meet and learn more about its animal residents.

The Zoo's Augmented Reality Tour is a collaboration with Life Preserve and ECPI University. The tour features 12 stops around the Zoo and provides a learning adventure about the animals, their counterparts in the wild, conservation efforts for the species, and even behind-the-scenes footage.

"We are excited to partner with Life Preserve and ECPI and leverage tech-

nology to further enhance our visitor experience," said Education Manager, Michelle Lewis. "This exciting tour provides guests with an insider's look into our animals. Photos and videos allow visitors to explore and discover even if the animals cannot be seen on exhibit. Plus, there is a text feature for any guests who may be hard of hearing," Lewis added.

"I am so excited about working with the Virginia Zoo on this project," said Gerry White, owner of Life Preserve and Dean of Academic Technology at ECPI University. "By using emerging technologies such as mixed and augmented reality, we can help bridge some of the

gaps between nature and the digital environment of the internet. Instead of using technology to escape, now we can connect the real world inside the mobile landscape, allowing visitors to more actively engage with the animals and exhibits in a familiar, fun and exciting way," White added.

The tour is experienced through the Zappar app. Download the free app onto a phone or mobile device. Then look for the official tour signs and use the app to take a photo which will access audio, video and photos of each species on the tour. At the end of the tour, visitors are invited to complete an exit survey. Mid-Atlantic Dairy Queen LLC is giving away free 12 oz blizzard vouchers for visitors who complete the tour and exit survey (one voucher per family).

For more information on the program, visit [virginiazoo.org/virtualtour](http://virginiazoo.org/virtualtour).

# Joint Chiefs say mind, body, spirit all part of Total Force Fitness

By Military Health System Communications Office

Fitness of mind, body and spirit is inherently connected with military service. But the understanding of this relationship is constantly evolving as our operational and family commitments change. For 2020, the Military Health System is focusing on Total Force Fitness, a comprehensive framework for improving readiness and resilience of the nation's military, families and the communities that support them.

The concept of Total Force Fitness is not new. As early as 2006, the Uniformed Services University of the Health Sciences (USUHS) was investigating the aspects that led to human optimal performance or HPO, allowing service members to excel in an operational environment. In 2009, then-Chairman of the Joint Chiefs of Staff, Adm. Michael Mullen, commissioned USUHS to develop the Total Force Fitness concept into a CJCS Directive that would address the intersection of health, fitness, and performance optimization.

"[Adm.] Mullen recognized that it required Total Force Fitness to defend our nation," said USPHS Capt. (Dr.) Kimberly Elenberg, chief, Total Force Fitness branch, Public Health Division, Defense Health Agency.

Mullen realized that "Total force fitness is more than a physical fitness," he wrote in the August 2010 supplement to Military Medicine, Volume 175, No. 8. "It is the sum total of the many facets of individuals, their families, and the organizations to which they serve. It is not something that someone achieves twice a year for a test. It is a state of being."

USUHS staff discovered that much of the research on human performance centered on "prevention of disease through physical examinations, vaccinations,



Petty Officer 1st Class Gilbert Bolibol

health risk screening, enhanced exercise and the reduction of unhealthy habits, such as smoking and alcohol use." But with the constant demands placed on service members and their families, more emphasis needed to focus on what factors contributed to resiliency."

Mullen, with the help of experts at USUHS and the services, developed Total Force Fitness into a concept, adaptable by the services, that included more than the physical aspects of health. They wanted a program that would lead to a military force that could adapt to changing requirements and be resilient to stress. Later this year, a new CJCS Directive will update the Total Force Fitness concept, outlining eight dimensions that help the services achieve total force fitness.

The dimensions were derived from a variety of sources, including current practices on medical fitness, psychological resilience, physical fitness and injury screening, and integrated health approaches. The Total Force Fitness concept integrates health, resilience, and human performance into the following domains:

**Physical Fitness:** the ability to physically accomplish all aspects of human performance while remaining mission capable and avoiding injury.

**Environmental Fitness:** the ability to optimally perform in any environment, including worldwide, garrison, training, and operational environments.

**Medical and Dental Fitness:** the ability to sustain health and wellness and facilitate restoration to meet established medical and dental standards for fitness for duty, return to duty, and medical readiness.

**Nutritional Fitness:** the ability to sustain an optimal level of performance through consuming foods, supplements, and beverages in adequate quantities, quality (nutrient content), and proportions.

**Spiritual Fitness:** the ability to operationalize one's spirituality to optimize performance. Spirituality is composed of beliefs and practices that strengthen connectedness with sources of hope, meaning and purpose.

**Psychological Fitness:** the ability to integrate and improve cognitive, emotional and behavioral capacities to optimize performance and ensure mission readiness.

**Social Fitness:** the ability to engage in productive personal and professional relationships, positively interact with unit and command networks, and leverage resources that promote overall well-being and optimal performance.

**Financial Fitness:** the combination of attitude, knowledge, skills, and self-efficacy needed to make and exercise money management decisions that best support the circumstances of the service member's life.

DHA's Total Force Fitness branch, working with USUHS and the Consortium for Health and Military Performance (CHAMP), will help educate service members and their families to Total Force Fitness concepts. "We'll focus on optimizing the [military] communities' ability to better understand, assess, and maintain mind, body, and spirit, to include psychological and cognitive wellness," Elenberg said.

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Courtesy photo

## MONSTER | Meet the crew during pit party

Continued from C1

### How does a little girl from El Paso, Texas, get involved in monster trucks?

I grew up loving Monster Jam myself. I would go to the stadium all the time and watch all the amazing drivers perform. What stood out the most for me was seeing Candice Jolly, a female driver, perform and I just thought she was the coolest thing ever. She had no fear. She did such an amazing job that I said, I want to do that too. I want to be like her – go out there and motivate other girls and be in a male dominated sport.

So I entered in the Tough Truck Challenge for the Monster Jam show in El Paso, Texas. Both years I did really well, but the second year I got second place with just milliseconds behind the first place winner. Some of the other drivers came up to me and they encouraged me to join the Monster Jam family. I joined and went to Monster Jam University in Paxton, Ill. Tom Meents, a

12-time world champion is the professor there and he puts you through everything. Once I graduated, they put me in Scooby-Doo and the rest is history.

### To the uninitiated, can you give a simple layman's explanation of Monster Jam?

It is so much fun! It's two hours of escaping reality. We start all of our afternoon shows with a pit party. All the fans can come and meet us, take pictures, get autographs, walk on the tracks and see the 12,000 pound monster trucks up close that we are racing. They get to have a really good time with us and their families.

Once we start racing, we have our racing bracket challenge and then we move into our two wheel skill competition where you have to get the truck on two tires. Then we have the donut competition. Finally we have everybody's favorite, the free style competition. We have 90 seconds to go out on the arena floor and do anything we want to do to

showcase our talents. It takes a lot of skill to do all of that and the best part about Monster Jam is its number one priority is about safety for everyone. There is a remote ignition interrupter so they can shut our trucks down at any moment in the show if there is a problem.

The coolest part is that we involve the crowd. Using smart phones, people in the crowd can log on to judgesown.com and vote for their favorite truck and driver. As drivers, we have a lot of people to impress. At the end of the whole event, we add up all the points of the show and we have an overall champion of Monster Jam for that event.

### You started competing in 2016 and three years later you won both a YGS/DDS/Showdown title and a Freestyle title in 2019. Can you talk about that amazing ride?

At our Monster Jam world finals in Florida. The Showdown is the last chance qualifier to get in to the big show. There were eight of us racing in Showdown. I beat all of

them and moved into the big show. From there, I ended up taking the freestyle win after going out second place. It was a very unreal moment and I'm glad my family got to be there with me to experience it. I was so nervous going into it. My husband Jerrad Worhurst who is an ATV rider for Monster Jam walked the track with me so I could feel comfortable and my daughter was in the stands cheering for me. That's what fuels my fire – I want to be a great role model for her and all the little girls in the audience. To be able to go out there and win a world title for females is definitely a great accomplishment in my life and having them there makes it all worth it. And as my mom and I say, dare to dream big and live without fear.

For tickets, dates and times, go to <https://www.hamptoncoliseum.org/events/detail/monster-jam-7>

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.



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# coming to theaters

## THE GENTLEMEN [R]

The Gentlemen follows American expat Mickey Pearson (Matthew McConaughey) who built a highly profitable marijuana empire in London. When word gets out that he's looking to cash out of the business forever it triggers plots, schemes, bribery and blackmail in an attempt to steal his domain out from under him.

## THE LAST FULL MEASURE [R]

The Last Full Measure tells the true story of Vietnam War hero William H. Pitsenbarger (Jeremy Irvine), a U.S. Air Force Pararescuemen (also known as a PJ) medic who personally saved over sixty men. During a rescue mission on April 11, 1966, he was offered the chance to escape on the last helicopter out of a combat zone heavily under fire, but he stayed behind to save and defend the lives of his fellow soldiers of the U.S. Army's 1st Infantry Division, before making the ultimate sacrifice in the bloodiest battle of the war. Thirty-two years later, respected Pentagon staffer Scott Huffman (Sebastien Stan) on a career fast-track is tasked with investigating a Congressional Medal of Honor request for Pitsenbarger made by his best friend and PJ partner on the mission (William Hurt) and his parents (Christopher Plummer & Diane Ladd). Huffman seeks out the testimony of Army veterans who witnessed Pitsenbarger's extraordinary valor, including Takoda (Samuel L. Jackson), Burr (Peter Fonda) and Mott (Ed Harris). But as Huffman learns more about Pitsenbarger's courageous acts, he uncovers a high-level conspiracy behind the decades-long denial of the

medal, prompting him to put his own career on the line to seek justice for the fallen airman.

## THE TURNING [PG-13]

For more than 100 years, a deeply haunting tale has been passed down to terrify audiences. Next February, Dream-Works Pictures' The Turning takes us to a mysterious estate in the Maine countryside, where newly appointed nanny Kate is charged with the care of two disturbed orphans, Flora and Miles. Quickly though, she discovers that both the children and the house are harboring dark secrets and things may not be as they appear.

## RHYTHM SECTION [NR]

Blake Lively stars as Stephanie Patrick, an ordinary woman on a path of self-destruction after her family is tragically killed in a plane crash. When Stephanie discovers that the crash was not an accident, she enters a dark, complex world to seek revenge on those responsible and find her own redemption.

## JOSE [NR]

Jose (19 years old) lives with his Mother (50s) in Guatemala City - a typical lower-class existence in one of the world's most dangerous, religious, impoverished and socially conservative countries. She never had a husband, and Jose is her youngest and favorite child of five. Her life is her church and selling sandwiches at a bus stop. Jose spends his days on cramped buses and fighting traffic as he runs food to waiting drivers. Aloof and resigned to things as they are, he fills his free moments playing with his phone and random sex arranged on street corners and dating apps. When he meets Luis, a migrant from the rural Caribbean coast, they pursue an unexpected and forbidden relationship and Jose is thrust into passion and pain and self-reflection that was previously unimaginable.

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7 p.m. Jumanji: The Next Level [PG-13]

### Sunday | Jan 19

1 p.m. Knives out [PG-13]  
4 p.m. Cats [PG]  
7 p.m. Star Wars: The Rise of Skywalker [PG-13]

## NAS Oceana, Aero Theater - 433-2495

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7 p.m. Star Wars: The Rise of The Skywalker [PG-13]

### Saturday | Jan. 18

12 p.m. Jumanji: The Next Level [PG-13]  
3 p.m. Dark Water [PG-13]  
6 p.m. Cats [PG-13]

### Sunday | Jan 19

12 p.m. Star Wars: The Rise of The Skywalker [PG-13]  
3 p.m. Cats [PG]  
12 p.m. Jumanji: The Next Level [PG-13]

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2.5 SE, mint condition, Beautiful Teal Green Finish, Auto, air, loaded, inspected. \$4450 757-439-8017 Va Dir. 757-481-7777 Process Fee \$375

**NISSAN 2009 370Z**



Only 12,600 miles! One owner beauty! Graphite Gray Touring Coupe w/ black leather interior, 332 hp, automatic w/paddle shifters. Excellent condition! Must see to appreciate! \$19,900 757-617-4431

**NISSAN 2011 ALTIMA**



64K mis. Runs & drives great. Clean. Serviced. \$7900. 439-0582. Va Dir


**NISSAN 2015 370Z**

1 owner, 59K original mis., auto, loaded, new inspection, garage kept. \$17,900. Call for details, 757-675-0288. Va. Dir.

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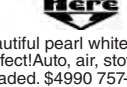
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XLE Garage kept, mint condition! Leather, sunroof, loaded, inspected. \$5,990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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**VOLKSWAGEN 2010 TOUAREG**

V6, 133k. \$6,000. 757-264-8761

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**CADILLAC 1996 FLEETWOOD**

127k mi. Last year for the luxurious. 6.0L V-8 rear wheel drive land yachts. \$4,400. 757-506-1354

**CHEVROLET 1979 CAMARO**

Z28. Runs good, needs work. \$1,500. Call: (252) 571-0101

**FORD 1964 GALAXIE**

XL. Fastback coupe, complete restoration, 390 V-8, bucket seats, AACA award-winner, showroom new, looks & drive great. \$29,500. Call for details, 757-675-0288. Va. Dir.

**JAGUAR 1995 XJS**




6 cylinder, 116,000 miles, excellent condition, numerous renovations, \$11,500 Call for details 630-3372

**TOYOTA 1980 LAND CRUISER**

FJ40, complete frame off w/photo history, 6 cyl., 4 spd, conv top, showroom new, one of the best in the country. \$37,500. Call for details, 757-675-0288. Va. Dir.

**Trucks and SUVs**

**CHEVROLET 2009 SILVERADO 1500**



4WD, crew cab, mint cond, looks & runs perfect! Insp. \$9,990 757-43980 17 Va Dir 757-481-7777 Pro Fee \$375

**CHEVROLET 2016 TAHOE**

L7Z. Leather, navigation, 4WD, sunroof, 4 capt chairs, 3rd row seat, Bose, loaded, \$35,900. Call for details, 757-675-0288. Va. Dir.

**CHRYSLER 2012 TOWN & COUNTRY**

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**FORD 2007 ESCAPE**




XLT. V-6. Clean, serviced, 89K mis., \$4900. 439-0582. va dir

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**Trucks and SUVs**

**FORD 2006 ESCAPE**



XLT V6, auto, air, loaded, looks & runs great! Inspected. \$3,450 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

**FORD 2007 F150**

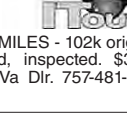


XLT. 4WD, 110,000 miles, serviced, clean. \$9900. 439-0582. va. dir

**FORD 2013 F150**

52K mis., alloys, new tires, bedliner, p/w, p/l, CD, looks great. \$12,900. Call for details, 675-0288. Va. Dir.

**GMC 2005 SIERRA 1500**

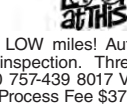


LOW MILES - 102k orig mi. 5 spd, air, loaded, inspected. \$3990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

**HONDA 2017 RIDGELINE**

34K mis., 4WD, leather, sunroof, fiberglass cap, navigation, alloys, warranty, 1 owner. \$29,800. Call for details, 757-675-0288. Va. Dir.

**JEEP 2006 LIBERTY**



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210k mi. All aluminum body. 4WD. Seats 7 comfortably. Moonroof. \$5k. 757-506-1354.

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SL. Garage kept, one owner, leather, sunroof, loaded, inspected, mint condition! \$5,990 757-439-8017 Va Dir. 757-481-7777 Pro. Fee \$375

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**ACROSS**

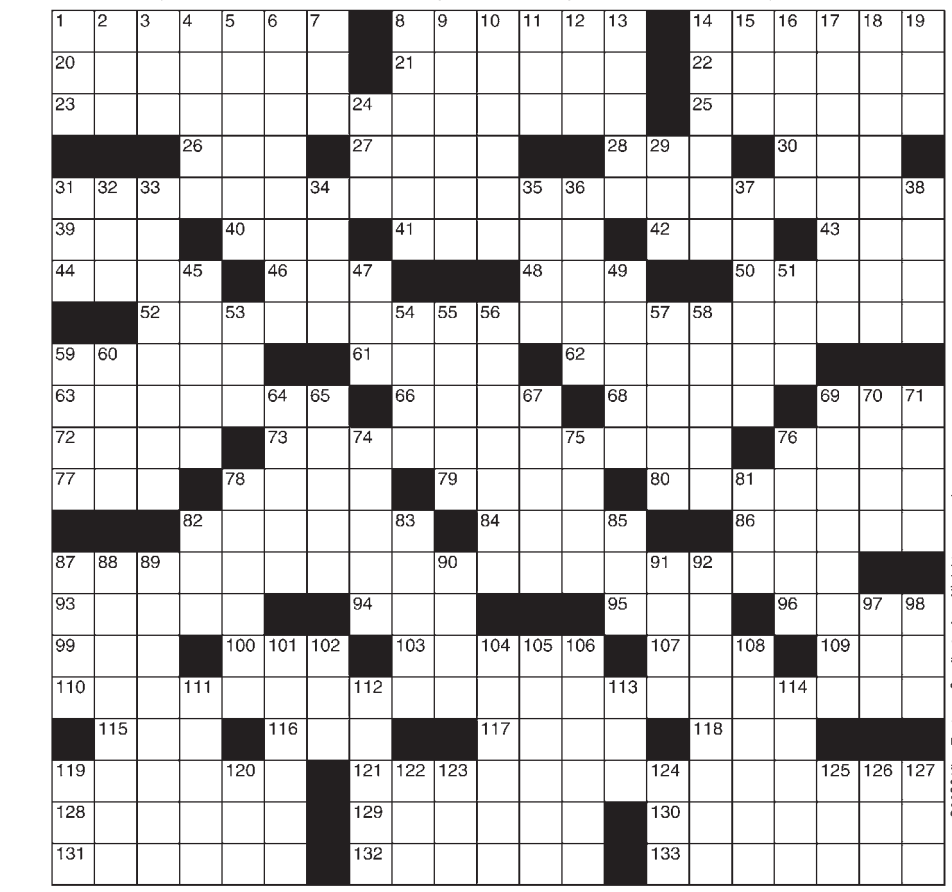
1 Stuff pumped into a 747  
8 Bracing devices  
14 Teeny bit  
20 "Stephen," to the French  
21 Rip into  
22 Untrue rumor  
23 Start of a riddle  
25 "Ironic" singer  
26 Enzyme name ender  
27 Solo for a 41-Across  
28 Not feeling well at all  
30 Set afire  
31 Riddle, part 2  
39 Shar- —  
40 No, to Burns  
41 Certain opera singer  
42 Actress  
43 Bit of slander  
44 Neighbor of a Croat  
46 The, to Josef  
48 Apt rhyme of "grab"  
50 — O-Fish (McDonald's sandwich)  
52 Riddle, part 3  
59 Very pungent

61 Certain opera singer  
62 Adders, e.g.  
63 Most blaring  
66 Sculling tools  
68 As blind as  
69 Elegant tree  
72 Pharmacy amount  
73 Riddle, part 4  
76 Blackthorn  
77 Fire residue  
78 Lady Grey  
79 Sauce brand since 1937  
80 Stays away from  
82 Total or Life  
84 Neighbor of a Swede  
86 Goes last  
87 Riddle, part 5  
93 NATO part  
94 Mineo of "Tonka"  
95 Knighted one, e.g.  
96 Pleasant  
99 The Beatles' "— Loser"  
100 "Citizen X" actor  
103 Equine noise (McDonald's sandwich)  
107 Do a lawn chore  
109 Relo vehicle  
110 End of the riddle

115 Dir. from Del. to Vt.  
116 Busy mo. for a CPA  
117 Big particle physics lab in Switz.  
118 "Hail, Nero!"  
119 Big name in sneakers  
121 Riddle's answer  
128 Lenient  
129 Beethoven's Third,  
familiarily  
130 Mark Antony's wife  
131 Local lingoes (mil. group)  
132 Wet slightly  
133 Wee baby

**DOWN**

1 Seder celebrant  
2 Ordinal number ender  
3 Carrere of "True Lies"  
4 Beyond embryonic  
5 Oneness  
6 Baja California resort port  
7 Permit to partner  
8 Biblical angel  
9 Chicana, e.g.  
10 Many flying creatures  
11 Got together  
12 Compadre  
13 "Shrek!" author  
14 Like time, speed and temperature  
15 Bad, to Luc  
16 Including everything  
17 Author Steel  
18 More sandlike  
19 MS markers  
24 "Yuk" relative  
29 PC screen variety  
31 Special — (mil. group)  
32 Toll, for one  
33 Atomizer for spraying paint  
34 Turned right on a horse  
35 Has no life  
36 — Ark (biblical boat)  
37 With 57-Down, supporter for a caterer's dishes  
38 Pets' docs  
45 Groom's partner  
47 Microwave brand  
49 Unoriginal  
51 Indefinite things  
53 Keats verse  
54 Gobs  
55 Railing locale  
56 Hurricane relative  
57 See 37-Down  
58 Green-lights  
59 Alan of "White Mile"  
60 Doves' calls  
64 Horrify  
65 Reasonably muscular  
67 Lactose, e.g.  
69 Unrequired course  
70 Rob of the Brat Pack  
71 Disorder  
74 Gets close  
75 Mom or dad's sister  
76 "Da Doo Ron Ron" singer  
78 — Tull (rock band)  
81 — Magnon man  
82 Persian, e.g.  
83 Country singer  
85 Suffix with lion  
87 Army group  
88 Ball of perfume in a closet  
89 Exhausting  
90 Urged in defense  
91 Intentions  
92 Close friendship between guys  
97 "Wheels"  
98 Nav. officer  
101 Expunges  
102 African viper  
104 Implant that helps in returning a lost pet  
105 Athens' land  
106 Husband of Lily Munster  
108 Greet with a hand motion  
111 Resulted in  
112 Followed a curved path  
113 Hit skit show since '75  
114 "— & Kel" (1990s teen show)  
119 — Khan  
120 Height fig.  
122 Hunters' gp.  
123 — de plume  
124 Cyclotron bit  
125 Actress Longoria  
126 Apt humor  
127 Letter encl. to facilitate a reply



### last week's answers

M	A	S	T	S	B	R	I	D	E	M	I	C	R	S	H	U	T		
E	R	W	I	N	R	E	A	R	S	A	T	O	E	T	U	N	E		
D	E	A	N	O	F	A	D	M	I	S	S	I	O	N	S	E	R	I	C
A	N	T	E	U	N	O	B	I	L	L	O	F	H	E	A	L	T	H	
L	A	S	S	O	E	D	B	E	E	O	L	D							
O	I	L	I	E	R	I	T	E	S	O	R	T	A	A	A				
G	R	A	C	E	O	F	G	O	D	C	M	O	N	I	C	H	A	T	
D	O	P	E	D	I	A	N	J	A	C	K	O	F	C	L	U	B	S	
E	N	I	D	S	C	I	A	R	A	N	L	A	X						
N	Y	S	P	E	A	R	L	O	F	W	I	L	S	D	O	M	T	A	B
P	A	T	O	F	B	U	T	T	E	R	L	I	N	T	E	X	I	T	
A	L	O	O	F	G	H	I	A	N	I	C	K	O	F	T	I	M	E	S
R	I	B	P	L	U	S	E	N	E	N	O	F	I	E	C	E	S		
R	A	Y	O	F	L	I	G	H	T	W	I	D	E	N	S				
B	F	A	G	I	A	N	E	T	G	A	I	N							
J	O	Y	O	F	C	O	O	K	I	N	G	E	T	A	O	M	N	I	
E	S	A	I	E	V	E	O	F	D	E	S	T	R	U	C	T	I	O	N
E	L	M	S	B	A	I	L	I	R	A	T	E	D	O	N	N	E		
P	O	S	T	O	L	L	A	E	S	T	E	E	S	N	E	E	R		

## Sudoku

4				5		3													
	1			7		2				9									
		3				4													7
3		7		8														5	
	2			4						6									
1								5											2
	6					2												8	
		9						8											5
8				9														2	7

## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: E equals S

GYDM JYD UCLUDL UDRCM RHPHMR  
 DPDLTUZBT LCMBZQ GHKB  
 YCHLEJTKDE, HJ GCE EYDCL  
 QCBMDEE.

**Last week's CryptoQuip answer**  
 Married "Star Wars" buffs have split up. Pals proclaim "may divorce be with you!"

## Religious Services

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7	1	9	8	2	5	6	4	3
4	2	8	7	6	3	9	1	5
5	3	6	4	1	9	7	8	2
1	6	7	5	8	4	2	3	9
9	4	3	2	7	1	8	5	6
2	8	5	3	9	6	1	7	4
3	7	1	9	4	2	5	6	8
6	5	2	1	3	8	4	9	7
8	9	4	6	5	7	3	2	1

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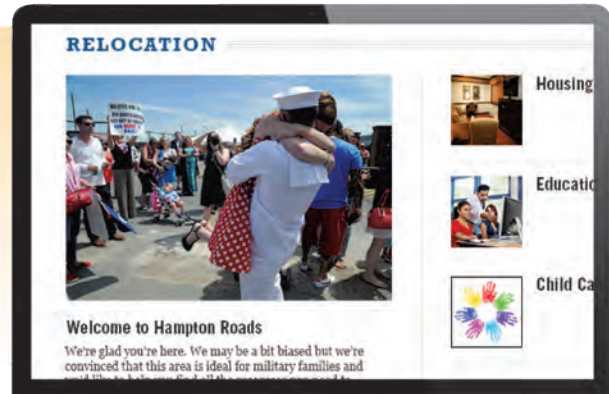


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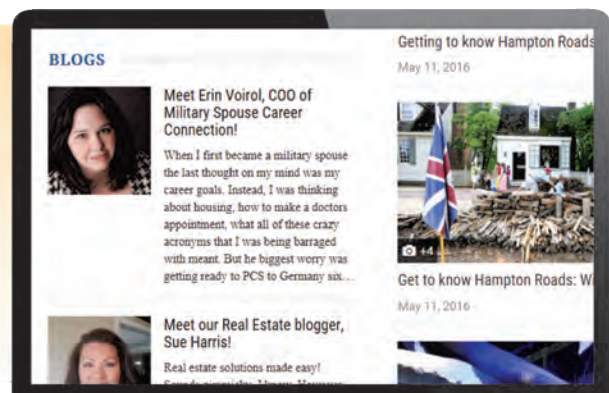
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